

## Infection Control Measures to Prevent and Control Transmission of Influenza in Various Health Care Settings

Vaccination of health care workers, patients, and residents of health care facilities is the most effective way to reduce severe illness and complications due to influenza. Infection control measures should also be implemented to help reduce the spread of influenza among staff, patients, and residents in health care settings. Practices that should be observed in each health care setting are outlined below.

Setting	Respiratory Hygiene	Standard Precautions	Expanded Precautions	Visitor/Worker Restrictions
Hospitals	<ol style="list-style-type: none"> <li>Post signs to instruct all persons to follow respiratory hygiene while in the facility: <ul style="list-style-type: none"> <li>Cough or sneeze into a tissue.</li> <li>Discard tissue into a waste container.</li> <li>Wash hands with soap and water or sanitize with alcohol gel.</li> </ul> </li> <li>Indicate locations of sinks for patients and visitors to use for hand washing.</li> <li>Persons with cough or other respiratory symptoms should wear a surgical mask while in waiting rooms or other common areas, if able to tolerate.</li> <li>Provide tissues, alcohol gel, waste containers, and surgical masks in waiting and other common areas.</li> <li>Persons with respiratory symptoms should be directed to a private examination room or separate area as soon as possible.</li> </ol>	<p>Standard precautions apply to ALL patients, and encompass many practices regarding the handling of blood and body fluids. The following are specific for respiratory secretions:</p> <ol style="list-style-type: none"> <li>Wear gloves when in contact with respiratory secretions.</li> <li>Wear a gown if soiling of skin or clothing with respiratory secretions is expected.</li> <li>Wear a mask and eye protection to protect face if splashes or sprays of respiratory or oral secretions are expected.</li> <li>Discard gloves, gowns, and face protection immediately after use at point of care.</li> <li>Wash hands before and after patient contact, after removing gloves, after contact with respiratory secretions (even when gloves are worn), and any time hands may be contaminated. Alcohol gel may be used to sanitize hands if they are not visibly soiled.</li> <li>Patients should wash hands before leaving their rooms.</li> <li>Family members and visitors should wash hands before entering and after leaving patient rooms.</li> </ol>	<p>In addition to standard precautions, droplet precautions should be used on all patients suspected or known to have influenza:</p> <ol style="list-style-type: none"> <li>Place patient in private room if possible.</li> <li>If the patient must be placed in a semi-private room, maintain a separation of at least 3 feet between patients.</li> <li>Patients with confirmed cases of influenza may be cohorted.</li> <li>All persons entering the patient's room should wear a surgical mask.</li> <li>Limit patient movement outside of the room.</li> <li>If patient must be transported, he/she should wear a surgical mask during transport.</li> <li>Patients should be in droplet precautions from onset of symptoms until 5-7 days after symptoms appear. Pediatric patients should be in droplet precautions for at least 7 days after symptoms appear.</li> <li>If patient will be transferred to another health care facility, notify the receiving facility that the patient is in droplet precautions.</li> </ol>	<ol style="list-style-type: none"> <li>Visitors with symptoms of infectious respiratory illnesses should not enter the facility.</li> <li>If symptomatic persons must visit or accompany a patient, they should wear a surgical mask.</li> <li>Employees of health care facilities should be excluded from work for the duration of illness (at least 5-7 days after onset of symptoms).</li> </ol>

Long Term Care	<ol style="list-style-type: none"> <li>1. Post signs to instruct all persons to follow respiratory hygiene while in the facility: <ul style="list-style-type: none"> <li>• Cough or sneeze into a tissue.</li> <li>• Discard tissue into a waste container.</li> <li>• Wash hands with soap and water or sanitize with alcohol gel.</li> </ul> </li> <li>2. Indicate locations of sinks for visitors to use for hand washing.</li> <li>3. Provide tissues, alcohol gel, and waste containers in convenient areas for staff and residents to use.</li> </ol>	Steps 1-7 for hospitals.	Steps 1-8 for hospitals.	Steps 1-3 for hospitals.
Ambulatory Care	Steps 1-5 for hospitals.	Steps 1-5 for hospitals.  <ol style="list-style-type: none"> <li>6. Patients should wash hands before leaving exam room to go to ancillary departments (x-ray, lab, etc.)</li> </ol>	In addition to standard precautions, droplet precautions should be used on all patients suspected or known to have influenza: <ol style="list-style-type: none"> <li>1. Place patients in private examination room as soon as possible.</li> <li>2. All staff entering room should wear a surgical mask.</li> <li>3. Patient should wear a surgical mask during transport outside of room.</li> <li>4. If patient will be transferred to another health care facility, notify receiving facility that patient is in droplet precautions.</li> </ol>	Steps 1-3 for hospitals.
Adult Day Care/CBRFs	Steps 1-3 for long term care.	Steps 1-5 for hospitals.  <ol style="list-style-type: none"> <li>6. Residents and visitors should wash hands before participating in social events.</li> <li>7. Family members and visitors should wash hands when entering and before leaving the facility.</li> </ol>	In addition to standard precautions, droplet precautions should be used on all residents suspected or known to have influenza: <ol style="list-style-type: none"> <li>1. Day care clients should be excluded from the facility until 5-7 days after symptom onset.</li> <li>2. CBRF residents should be excluded from social activities and confined to</li> </ol>	Steps 1-3 for hospitals.

			<p>their rooms as much as possible.</p> <p>3. A private room is ideal but when residents cannot be placed in private rooms, use a curtain or other barrier to separate persons in semi-private rooms.</p> <p>4. CBRF staff should wear surgical masks when entering the resident's room.</p>	
Emergency Medical Services	<p>1. Post signs to instruct all EMS staff to follow respiratory hygiene at both base and field settings:</p> <ul style="list-style-type: none"> <li>• Cough or sneeze into a tissue.</li> <li>• Discard tissue into a waste container.</li> <li>• Wash hands with soap and water or sanitize with alcohol gel.</li> </ul> <p>2. Provide staff with tissues, alcohol gel, and waste containers at base and field settings.</p>	Steps 1- 5 for hospitals.	Personnel who come within 3 feet of a patient with respiratory symptoms should wear a surgical mask.	EMS staff should be excluded from work for at least 5-7 days after symptoms appear.